

PRESERVE UPDATE

Scottsdale's McDowell Sonoran Preserve

February 2014

Hiking preparation important for locals, visitors

Parks and Recreation, and Preserve staff and the Scottsdale Fire Department are prepping for the influx of visitors and locals to the abundance of hiking trails available in the city. Concern is high as inexperienced hikers may find themselves in precarious condition if they have over-estimated their hiking abilities and preparation.

"Recently, we had a hiker pass away on a trail at Desert Mountain last week," says SFD Division Chief Jay Ducote. "Mountain Rescues are not uncommon during this time of year. We want to reduce the number of these calls by encouraging preparation before hikers hit the trails."

The following tips are offered to ensure experience at the Scottsdale McDowell Sonoran Preserve and other trails in the City is a healthy one:

- Hike with a buddy
- Begin hydrating the day before your hike
- Have enough water for yourself and pet(s) you bring
- Bring a charged cell phone
- Wear sensible shoes: hiking boots or tennis/gym shoes
- Wear a hat and sunglasses
- Tell friends where and when you are going and when you expect to return
- Know your location and the closest trailhead



Photo by Marianne Wallace

And don't let our 70-80 degree temps fool you. Many of the emergency calls go on during this time of year through Spring Training are heat-related illness. It is not recommended to plan an active hike the day after a long night of celebrating. Know your fitness level and choose your hike accordingly. Significant hydration prior to the hike and proper clothing will help reduce the risk of heat stress.

NOTICE: There is no poop fairy!

Reminding all folks who bring their 4 legged best friend to hike in the Preserve that there is no poop fairy and cleaning up after and proper disposal of the bag is a personal responsibility. The side of the trail (no matter how short a time you think it will be there) is not proper disposal and is littering. An easy solution is a medium size black binder clip. Clip the used bag to the leash, part way between the leash holder and the dog. This way you can easily transport it to the closest trash receptacle without having to carry it along or put it away in your pack.



Fairy Credit: Jefferson County, Colorado Open Space Parks and Trails



New trail construction in the northern preserve area

Trail Construction in the area in the northern preserve known as phase 2C has started. The initial area is portions of the Corridors "1, 3, 4 and 4A" to install a loop that gives an example of the variety of trail experiences being provided by this plan. The design/construction team as well as staff and members of the citizen working group that developed the plan have been working closely to ensure that the final product reflects the goals outlined in the plan. Look for updates as the work continues.



When it rains, please refrain

We would like to remind everyone to be aware of the damage that trail users can do to wet trails. During this winter season, we hope we have several wet days to help our Preserve and also encourage a great wildflower bloom. Please give trails a chance to dry before using them if you encounter wet conditions.



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